



NEED COUNSELING?

Evaluation, referral, and treatment programs

Military OneSource

This free 24-hour service, provided by the Department of Defense, is available to all active duty, Guard, and Reserve members and their families. Services include consultation online or by telephone, with referral for up to six free face-to-face counseling sessions, on issues including reunion and reintegration, to a professional in your community. You can reach the program by calling toll-free 1-800-342-9647 or through the Web site at <http://www.militaryonesource.com>. Remember, your privacy is assured and no one knows you reached out for support unless there is a threat of harm to yourself or others.

U.S. Department of Veterans Affairs (VA)

Readjustment Counseling Services

1-800-905-4675 (Eastern) and 1-866-496-8838 (Pacific)

Provides free services to combat veterans, even if still on active duty. Also provides some free services to family members of combat veterans. There are over 200 clinics in U.S. communities.

Services include individual counseling; group counseling; marital and family counseling; medical referrals; help with applying for VA benefits; employment counseling; and alcohol and drug assessments, information, and referral to community resources.

Counseling is provided at community-based Vet Centers by counselors who, as veterans themselves, have "been there and done that" and understand what the veteran is going through. Go to <http://www.va.gov/rcs> and click on "Find Your Nearest Vet Center."

TRICARE

<http://tricare.osd.mil>

You can find the number for your regional TRICARE office on this site. TRICARE will cover some mental-health care for service members and family members, depending on the circumstance. Active-duty members must have a referral from their Primary Care Manager (PCM) to receive mental-health services outside of a military hospital or clinic.

Military Medical Treatment Facilities (MTFs)

Most military hospitals and clinics have mental health providers ready to treat combat stress injuries. Contact Military OneSource, look online, or call your nearest military installation to find the one nearest to you.

Chaplain services

Chaplains can provide counseling, guidance, and referral on many issues that affect returning service members and their families.

State Mental Health Centers

<http://www.ncd.gov/mental.htm>

Go to this directory to find state and community mental health centers for your area.

Your installation's support services

Depending on your service branch, your Fleet and Family Support Center, Marine Corps Community Services, Airman and Family Readiness Center, or Army Community Service Center can provide you with information and support on issues related to deployment stress in service members and its effects on the family.

ABOUT MILITARY ONESOURCE

Whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for military personnel and their families... 24/7/365!

Our services are available by [phone](#), and online. When you call Military OneSource, you'll talk to a master's level consultant, trained to offer confidential support and practical solutions.

Our interactive Web site includes locators for education, child care, and elder care. You can also go online to order free materials (including CDs, and booklets, and DVDs), get referrals to military and community resources, use [financial calculators](#), participate in [online Webinars](#), subscribe to [monthly newsletters](#), and join our [discussion boards](#). Additional resources include [brief videos](#) of consultants addressing common issues such as communicating as a couple, budgeting and managing anger.

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families.

LOCAL RESOURCES

Marine and Family Services

Prevention & Intervention (P&I)	Bldg 232	(252) 466-3264
• Coordinated Community Response • Family Advocacy - Domestic Violence • Individual/Family Counseling • Combat Stress Counseling • Partnership with Commanders • Family Violence Prevention • Suicide Prevention Education		

Marine Corps Family Team Building

They offer classes on Stress Management, Conflict Management, and Leadership Skills (which does personality assessments) and how to deal effectively with other personality types. These classes are more preventative! 466-4637

Chaplain The Cherry Point Chaplains are available to provide a variety of worship opportunities as well as other sacraments, rites, and ministries such as baptism, marriages, child dedications, etc. For marriages, contact the Chapel as soon as possible, preferably six months in advance. Additionally, the chaplains are ready to provide pastoral counseling for spiritual, personal or family issues. **All personnel have access to a chaplain and can make direct contact with a chaplain without going through the "chain of command". Counseling with a chaplain is confidential.** If you are unsure, ask your chaplain to explain your rights to "privileged communication".

2D MAW Chaplains

Provides coverage to WING:

2dMAW HQ 466-3314/5134

MWSS 274-LT Adams, USN

252-466-7222

Duty Chaplain

Provides coverage after working hours and weekends

contact the Duty chaplain through PMO, 466-3615